

PRESS RELEASE

For Immediate Publication

**Fortis Escorts Bone & Spine Institute Team enables Kashmiri citizen
To recover from Degenerative Disk Disease**

- *Degenerative disk disease L 3- 4 &5 can be treated*
- *Patients are able to walk and get a new lease of mobility without pain*

13th January, 2016, New Delhi: Fortis Escorts Bone & Spine Institute conducted a Decompression & Fusion surgery of spine at the Safa Marwah Hospital, Srinagar on a patient from Srinagar to make her walk again. The surgical team was led by **Dr Mandeep Singh, Senior Consultant, Orthopedics, Fortis Escorts Bone & Spine Institute (FEBSI), New Delhi.**

48 year old Fameeda was barely able to walk, or even able to sit for long when she came to Dr Singh for treatment. It was challenging for Fameeda to do her regular Household chores. She was practically handicapped and was unable to walk more than 15 steps with a limp on her left side. Acute back pain forced her to sit and stand every few minutes, giving her virtually no rest.

Degenerative Disc Disease is also known as arthritis of the spine which leads to pressure on the nerve, leading to pain in the back travelling down the leg. Eventually due to prolonged pain and suffering this condition leads to a numbness of nerves and finally to a paralysis like condition. Cost-effective, weightless implants are used during the surgical treatment of this condition. These implants have a short life and need special skills to place it in the patients' body.

Dr Mandeep Singh, Senior Consultant, Orthopedics, Fortis Escorts Bone & Spine Institute (FEBSI), said, "Fameeda's case presented a challenge as she had been practically bedridden since the last few years and her dependency for small chores on her family members was high. The only thought in our minds was to get this lady back on her feet. Surgical process involved decompressing the nerves which were pinched by removing overgrown bone and unhealthy disc resulting in the pressure on the nerve. Screws and cages impacted with bone grafts were used to stabilize the spine and to achieve desired fusion for lifelong relief. Cost effective, weightless implants were used during the surgery. The lives of such implants are forever and need special skills to put it in the patients."

Fameeda said, "I was initially worried about the outcome when Dr Singh explained to me the surgical procedure and the treatment. However, I understood the importance of the treatment and how it could give me the freedom of mobility again. I felt I was in safe hands. I am grateful to Dr. Singh and his team

for giving me a new life. Now, I am able to walk more than 2 kilometers; sit on the floor for longer time, go about my daily chores in a normal way and most importantly, do everything on my own.”

An overview of the health of women in Kashmir shows that hypertension and orthopedic problems is becoming increasingly common. Inactivity, diet patterns and the lifestyle followed by Kashmiris is contributing significantly to their health problems. Amongst orthopedic issues, knee aches and lower back pain are common amongst women, besides osteoporosis, the key causes being lack of appropriate exercise. Almost 40 percent of women in Kashmir suffer from calcium deficiency. The problem is more urban than rural because of the sedentary lifestyle in urban cities.

About Fortis Escorts Bone & Spine Institute

The Fortis Escorts Bone & Spine Institute (FEBSI) launched in January 2015 is a high-end, fully integrated Orthopaedics and Spine Super Specialty centre offering expert diagnosis, treatment and rehabilitation specifically calibrated for the care of elders, children and adults with bone, joint, muscle or connective tissue disorders and a full spectrum of treatments and procedures - from the latest techniques in replacement surgery to minimally invasive trauma and spine procedures. Surgeries are performed using specialized orthopedic operating theatres which are equipped with state-of-the-art navigation and imaging systems while adhering to the most stringent infection control guidelines. FEBSI offers a specialized rehabilitation and physiotherapy unit and complete suite of diagnostics from MRI, CT scans, X-rays, bone densitometry studies, biochemistry, microbiology and histopathology. The 11-member core team includes orthopedic surgeons, Anesthetists and Intensivists specializing in trauma, arthroplasty (joint replacement), spine surgery, bone and joint deformity correction, sports medicine and pediatric orthopaedics.

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